

# Food Chart – At-Risk After School Program

Meal	Food Component	Minimum Serving Size <sup>1</sup>
<b>Supper</b>	Fluid Milk <sup>2</sup>	8 fluid ounces (1 cup)
	Meat, Poultry, Fish, Cheese, <b>or</b> Egg (large), <b>or</b> Cooked Dry Beans, Peas, <b>or</b> Peanut Butter or other Nut Butters <sup>4</sup> , <b>or</b> Peanuts, Soy Nuts, Tree Nuts or Seeds <sup>5</sup> , <b>or</b> Yogurt, plain or sweetened, flavored or unflavored	2 ounces 1 egg ½ cup 4 tablespoons 1 ounce = 50% 8 ounces or 1 cup
	Vegetables and/or Fruits <sup>6</sup> (must serve at least two different varieties)	¾ cup total
	Bread, <b>or</b> Cornbread, Biscuits, Rolls, Muffins, etc., <b>or</b> Cold Dry Cereal <sup>3</sup> , <b>or</b> Cooked Cereal or Cereal Grains <b>or</b> Pasta, Cooked Noodles	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup
	Fluid Milk <sup>2</sup>	8 fluid ounces (1 cup)
	Juice or Fruit or Vegetable	¾ cup
<b>Snack<sup>7</sup></b> Serve 2 of 4 components	Meat or Meat Alternate	1 ounce
	Grains/Breads	1 serving

<sup>1</sup>Children ages 13 through 18 must be served minimum or larger portions specified for children 6 through 12.

<sup>2</sup>**All milk served to children two years of age and older must be low-fat (1%) or fat-free (skim).** Milk must be served as a beverage at supper and may be served as a beverage and/or on cereal at snack.

<sup>3</sup>Dry cereal portion is either volume (cup), or weight (ounces), whichever is less. Cold dry cereal is ONLY creditable at snack.

<sup>4</sup>At supper, must serve an additional meat/meat alternate with peanut butter.

<sup>5</sup>No more than 50% of the requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.

<sup>6</sup>Serve two or more kinds (1/8 cup minimum). Full-strength juice may be counted to meet not more than one-half of the requirement.

<sup>7</sup>Serve two food items - each must be from a different food component. Juice may not be served at snack when milk is served as the second component.

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